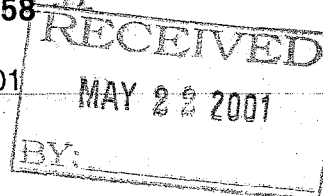


GENERAL VITAMIN CORP

PO Box 1500 Chapel Hill NC 27516

919-929-5785 fax 919-929-2458

May 18, 2001



CERTIFIED MAIL
Return Receipt Requested

Office of Nutritional Products, Labeling and Dietary Supplements
HFS-800
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, D.C. 20204

To Whom it May Concern,

This letter is submitted pursuant to Section 406 (r)(6) of the Federal Food, Drug, and Cosmetic Act for the purpose of notifying the agency of statements being made in connection with the marketing of dietary supplements being distributed by this company.

The product name and the dietary ingredients for which the statement is being made is as follows:

CholesteForm

Vitamin E (as d-alpha tocopherol succinate)	20 IU
Niacin	50mg
Folic Acid	800mcg
Tocotrienol Complex (Elaeis guineensis Fruit)	100mg
Red Yeast Extract	100mg
Borage Oil (Borago officinalis seed)	50mg
(standardized 22% [11mg] gamma-linolenic acid [GLA])	
Novasoy (soy extract standardized to 40% [20mg] isoflavones)	50mg
Green Tea Extract	50mg
(camellia sinensis leaf) (standardized 50% [25mg]polyphenols)	

Other ingredients: Microcrystalline cellulose, stearic acid, silica and pharmaceutical glaze

975 0162

LET 8056

76047

HeartForm

Vitamin E (as d-alpha tocopheryl succinate) 100 IU
Folic Acid 100mcg
Vitamin B6 (as pyridoxine HCl) 5mg
Vitamin B12 (as cyanocobalamin) 15mcg
Magnesium (as amino acid chelate) 200mg
Selenium (as selenomethionine) 50mcg
Potassium (as amino acid complex) 99mg
Chinese Garlic Clove (*Allium sativum*) 100mg
(standardized 1% [1mg]total allicin potential)
English Hawthorne Berry (*Crataegus* 50mg
Laevigata) (standardized 3.2%[1.6mg]vitexin)
Taurine (pharmaceutical-grade free form 50mg
Amino acid)
Cayenne (*Capsicum frutescens* fruit) 50mg
(standardized min. 50,000 Scoville Thermal
Units [STU])

Other ingredients: Di-calcium phosphate, microcrystalline cellulose, stearic acid, silica and pharmaceutical glaze

The text of the statements that are being made in regards to the above stated products are listed below:

CholesteForm

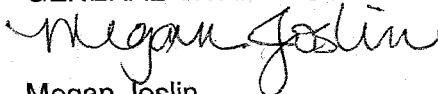
- CholesteForm
- nutritionally support healthy cholesterol levels that are already in the normal range
- Balancing act for maximum health
- help you maintain cholesterol levels already within normal range
- nutritional support
- to maximize well being throughout the bloodstream

HeartForm

- HeartForm
- nutritionally support a healthy heart
- support for healthy heart function
- support the optimal functioning
- help maintain strong and regular heartbeat
- support general cardiac health
- support healthy heart function

Sincerely,

GENERAL VITAMIN CORP.



Megan Joslin

Product Development Coordinator